



September/October 2024

Welcome to the September/October issue of the OPAL newsletter. It is that time of year again where we have our Annual General Meeting.

This will be taking place on Friday 11th October. More information can be found on page 8. Thank you to all who completed our annual questionnaire. The results of this can be found on page 6 and will be in more detail in our Annual Report which will be handed out to all at our Annual General Meeting (AGM).

Key Safes

Key safes are a secure place for you to store a house key. You can then give the code to friends, family, and carers.

This means they can enter your home in case of an emergency. You can let us know the code for your key safe, and we can then pass this on to the Yorkshire Ambulance Service. This means if they are called and you are unable to get to the door, they can use the key safe and let themselves in, instead of breaking your door down.



NEW Line Dancing Class

We are pleased to announce that we have a NEW line dancing exercise class starting Tuesday 10th September.

This session is for beginners. The sessions will be every Tuesday morning, 10am until 11am, and will cost £5 per person. To register your interest, please call OPAL on 0113 261 9103. There is no transport provided for this class.



Age UK

Age UK have a new service called the Welfare Benefit Project.

If you have any concerns or questions about any benefits you receive, or you want to find out more about the benefits you are eligible for, please call them on 0113 380 4300.

Contents

Page 2, 3 & 13

Information about OPAL & what we are doing

Page 4 & 5

OPAL's Schedule and Activities

Page 6

Annual Questionnaire Feedback

Page 7

Comments From OPAL Members

Page 8

AGM and Solar Panels

Page 9

Creative Writing and Bereavement Cafe

Page 10

Crossword

Page 11

Quiz

Page 12

Members' Corner

Page 14

Thank You!

What's on...

Dementia Friends

Monday 16th September, 10:30am – 11:30am.

A friendly 1-hour session looking at dementia, how it affects people and what you can do to help someone living with dementia in your community. The session is being run by Ruth who is a Dementia Friends Champion. If you would like to attend, please call 0113 261 9103.

Hearing Aid Maintenance at The Welcome In

Hearing aid drop-in clinic will be held in the meeting room at the Welcome In on Friday 25th October 12pm – 2pm for NHS patients.

At the clinic we can change batteries, provide replacement tubing and service hearing aids. Please bring your white or yellow NHS card with you, and please be aware there may be a wait as it can be a popular session.



Community Day

Our Community Day is on Saturday 7th September, 11am – 2pm, outside and inside at the Welcome In (fingers crossed for nice weather!).

There is a free BBQ, musical entertainment, games, a tombola, a raffle with fantastic prizes, and much more! We hope to see you there!

Friday Lunch Club Supper Deal

For those that have been to lunch club on a Friday, we have a new soup and a sandwich deal for only £4.50 for you to take home for tea!

If members would like one, speak to Nikki on a Friday at the lunch club.



Trip Booking

When you book your place for trips, please pay at the same time if possible.

If you need assistance of any kind, or transport to and from the Welcome In Community Centre, you must let us know when you book on the trip. **Please only book transport if you really need it.** Bookings for the September and October trips open on **Wednesday 4th September** call then to book your place.



Wellbeing Walks from the Welcome In

Every Thursday, 10am at the Welcome In Community Centre Café.

Join us for an enjoyable walk at a leisurely pace. Approximately 90 minutes, 1.5 miles, with a tea and coffee break halfway round! We use the local bus service to get to the start of the route. For more information, please speak to Ellen on 0113 261 9103.



Community Health Hub

Runs weekly on a Wednesday 1pm – 4pm in the Sunshine Room.

This session is for people who have been booked into the clinic by their local Neighbourhood Team. This session is for medical treatment such as wound dressing etc. You can also drop-in for advice and information.



Radar Keys

Radar keys are specific keys that unlock disabled toilets.

If you would like help purchasing a radar key, let a member of staff know and we can help. Please call OPAL for more information.



Fortnightly shopping trips to Owlcotes Shopping Centre Pudsey:

Thursday 12th and 26th September

Thursday 10th and 24th October

11am—3pm. £10 per person.

You can only book the shopping trip you wish to go on one week in advance.

Friday Social Schedule:

September

6th Xmas Card

Designing

13th Comedy Script

20th Vikings in Leeds talk

27th Curling with Connie

October

4th Bingo

11th No Social—AGM

18th Board Games

25th Comedy Script talk

Bereavement Café:

New members always welcome. This is open to anyone who has suffered a bereavement. The café is weekly on a Monday, 10:30am –12noon. This is a drop in session, with no need to book!

Refreshments will be provided. This group is £3 per person. Transport is provided.

OPAL Trips:

Tuesday 24th September

The Deep

£35, 10:30am-5:30pm

Tuesday 22nd October

Tropical World and a Carvery

£30, 11:30am-4pm

Booking from 4th September

Digital Support:

Steve offers one-to-one digital support. This can be done at the Welcome In Community Centre for free or in your own home costing £10 for the visit. If you would like further information, please speak to Steve by calling 0113 261 9103.

You **must** pay for the trip at least a **week before**. If you need **transport to the Welcome In** for a trip (it will cost £5 extra), or you **need assistance** on the trip, please let us know in advance. **Please only book transport if necessary**. A reminder phone call will be made the week of the trip. Cancellations less than a week before the trip will not be refunded.

Men's Trips:

Tuesday 17th September
Cliffe Castle Museum

Tuesday 15th October
Royal Armouries

Please speak to Shelley for more information about the Men's Trips!

OPAL drop in is open from 10am—1pm Monday and Tuesday, and 10:30am-1:30pm Wednesday to Friday to access information, book onto trips, and get support

Monday	Time	Location	Cost	Transport	Details:
Bereavement Café - 9th September then fortnightly	10am-12pm	Welcome In Café	£3	£5	A space for people with a shared experience of loss and grief to offer and receive a listening ear, comfort and shared experience.
Lunch Club	12:30-2pm	Sunshine Room	£6	£5	Join us for a hot, healthy, home cooked meal in a friendly setting. A hot meal, dessert & cup of tea/coffee. There is a waiting list so please ring to book.
Dance On	2:15-3:15pm	Sunshine Room	£5	NO	Dance yourself fit, either seated or standing. For all abilities.
Memory Support Group - 2nd September then fortnightly	1:30-3:30pm	Heather Room	£5	FREE	For people with dementia and their carers. Please contact Sally-Anne for further details.
Tuesday	Time	Location	Cost	Transport	Details:
Line Dancing - starting 10th September	10am-11am	Sunshine Room	£5	NO	Join us in our NEW line dancing class! No experience necessary. To register your interest, please call OPAL.
Memory Support Group - 3rd September then fortnightly	1:30-3:30pm	Heather Room	£5	FREE	For people with dementia and their carers. Please contact Sally-Anne for further details.
Carers Support Group - 10th September then fortnightly	1:30-3:30pm	Heather Room / café	£5	FREE	For carers and people cared for. Supported by 3 staff so two groups can run, one for carers & one for people who are cared for. Please contact Sally-Anne for further details.
Wednesday	Time	Location	Cost	Transport	Details:
Tai Chi	10:15-11:15am	Bramhope Methodist Church	£5	NO	Tai Chi improves balance, flexibility & muscle strength. There is a waiting list so please ring to book.
Gentle Exercise	10:15-11:15am	Sunshine Room	£5	NO	Great for improving muscle strength, flexibility, mobility & stamina. There is a waiting list so please ring to book.
Craft Group	10:30-12pm	Heather Room	£3	NO	An informal group of people who enjoy craft. Bring your own project or work on something new each week!
Chair Based Exercise	11:30-12:45pm	Sunshine Room	£5	£5	A class to build strength and balance whilst sitting down. There is a waiting list so please ring to book.
Lunch Club	12:30-2pm	High Farm Pub	£6	£5	Join us for a hot, healthy, home cooked meal in a friendly setting. A hot meal, dessert & cup of tea/coffee.
Health Hub	1-4pm	Sunshine Room	FREE	FREE	Come for a cuppa & your nursing needs! Speak to your GP or nurse for more info, or pop in for some advice.

Thursday	Time	Location	Cost	Transport	Details:
Tai Chi	10am-11am	Adel Methodist Church	£5	NO	Tai Chi improves balance, flexibility & muscle strength. There is a waiting list so please ring to book.
Wellbeing Walks	10am	Meet in the café	FREE	Car share / public bus	Meet at the Welcome In for a group led, gentle walk with refreshments.
Games Morning	10:30-12pm	Heather Room	£2	£5	We have a wide variety of fun games we can play, with refreshments
Dru Yoga	11am-12:15pm	Sunshine Room	£5	NO	Based on flowing movements & directed breathing, to improve strength & flexibility. There are spaces available, please ring to book.
Shopping Trip - see page 3	11am-3pm	Pudsey Owlcotes	£10	Door to door	Our minibus will pick you up and take you to Owlcotes Pudsey where you can spend a few hours shopping before the minibus takes you home.
Chair Based Exercise	12:45-1:45pm	Heather Room	£5	£5	A class to build strength and balance whilst sitting down. There is a waiting list so please ring to book.
Chair Based Exercise	2pm-3:15pm	Heather Room	£5	£5	A class to build strength and balance with refreshments. There is a waiting list so please ring to book.
Table Tennis	2:15-3:45pm	Sunshine Room	£3	NO	We have two full-sized tables, all abilities welcome.
Friday	Time	Location	Cost	Transport	Details:
Tai Chi	10:15-11:15am	Sunshine Room	£5	NO	Tai Chi improves balance, flexibility & muscle strength. There is a waiting list so please ring to book.
Bereavement Support Group- 13th September then fortnightly	10:30-12pm	Meeting Room	£3	£5	This is a closed group that runs for 6 weeks at a time. Please speak to Sally-Anne for more information
Lunch Club	12:30-2pm	Sunshine Room	£6	£5	Join us for a hot, healthy, home cooked meal in a friendly setting. A hot meal, dessert & cup of tea/coffee. There is a waiting list so please ring to book.
Friday Social	2pm-3:30pm	Heather Room	£2	£5	A weekly fun packed social. A great introduction to OPAL and what we do, also a wonderful place to make new friends.

Our drop-in office is located by the café entrance and is open Monday and Tuesday 10am-1pm, Wednesday 10am-12 noon and, Thursday, and Friday 10:30am-1:30pm

Annual Questionnaire Feedback

We posted our annual questionnaire with our July/August newsletter. We delivered this to **715** members. **80** members completed the questionnaire, which is **11.18%** of all OPAL members. The below is how many members selected each option.

We ask our members to complete a questionnaire each year to help us improve our services, and to help us when it comes to applying for funding and grants.



1) Does OPAL make a difference to your life? **79 said YES**
1 said NO

2) If the answer is yes, please tell us how:

OPAL has helped me improve social connections
(such as making and meeting friends) 62

OPAL has improved my physical health
(e.g. by attending exercise classes) 39

OPAL has improved my mental health
(e.g. from exercise, feeling supported) 51

OPAL has helped me access other support/services
(e.g. helped me book and/or get me to appointments) 35

I have access to information and advocacy when I want /need it
(e.g. information the newsletter, phoning for help etc) 68

My diet is improved by eating more varied, nutritious food
(e.g. the lunch clubs and/or the café) 26

Comments From OPAL Members

A definite asset to the community and a lovely café to visit.



I've been helped in various ways since joining OPAL, made friends, improved physical and mental health.

The craft group have helped me smile again.

Gives me confidence knowing OPAL is there to get advice and help if the occasion arises.

If it wasn't for OPAL I wouldn't get out and socialise.

It is reassuring to know help or advice is at the other end of the phone line.

OPAL is lucky to have so many kind and friendly members, volunteers, trustees, and staff!



OPAL AGM

Friday 11th October

12:30pm - 3:45pm

12:30pm-1:30pm - light lunch

1:45pm-2:15pm - business

2:15pm-3:15pm - entertainment

3:15pm-3:45pm - tea/coffee & end

Our AGM will take place on Friday 11th October. There will be no lunch club and no social on this day.



Flu Vaccine

On the day of our Annual General Meeting, we are being joined by a pharmaceutical technician from Ireland Wood Pharmacy at 10am.

He will be administering the flu vaccine, as well as doing blood pressure monitoring and using an ECG checker.

We are providing transport to our AGM, and to the vaccines beforehand.

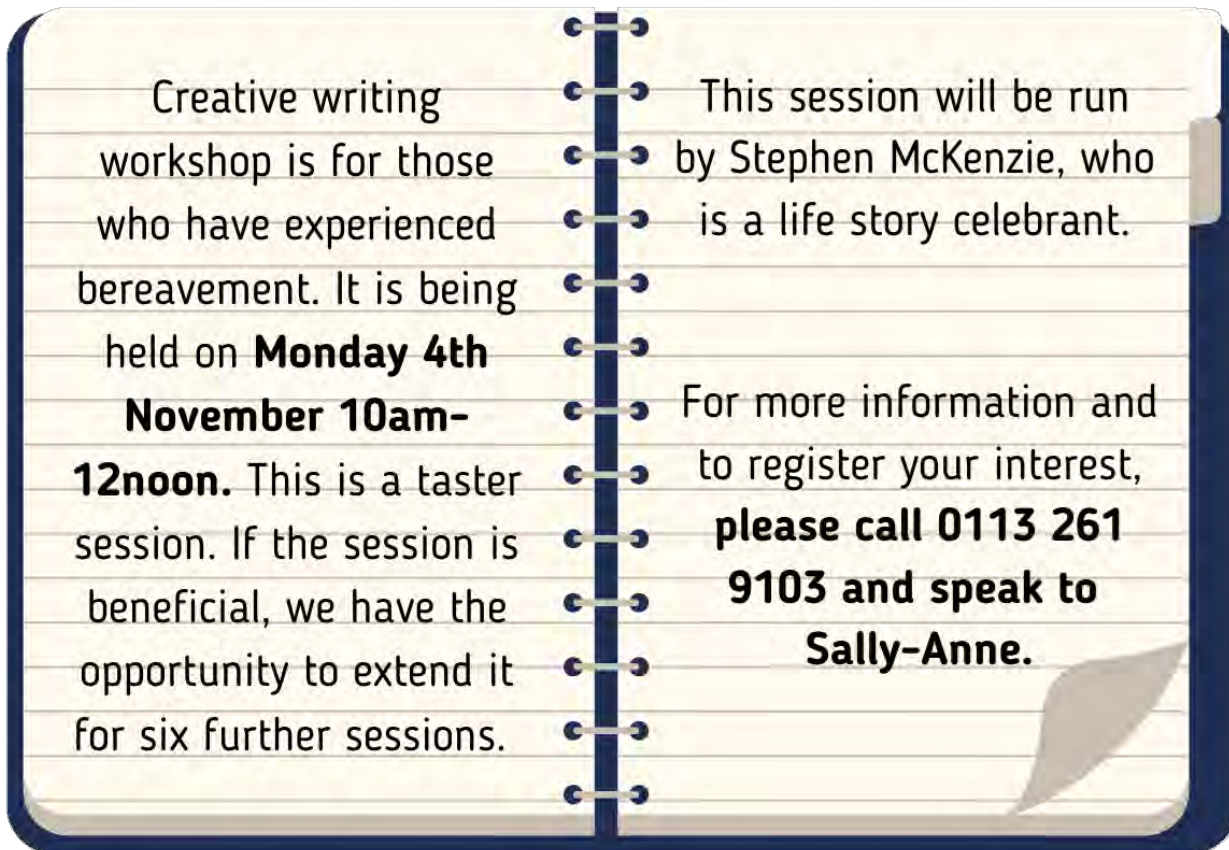
If you would like to book in for a vaccine, please call 0113 261 9103 and speak to a staff member.

Solar Panels

At OPAL, we now have a complete set of solar panels! We have some on both our flat roofs and also on our south facing sloped roof. These solar panels will turn the rays from the sun (don't worry, they also work when it's cloudy!) into electrical energy we can use in the building.



Creative Writing Bereavement Session



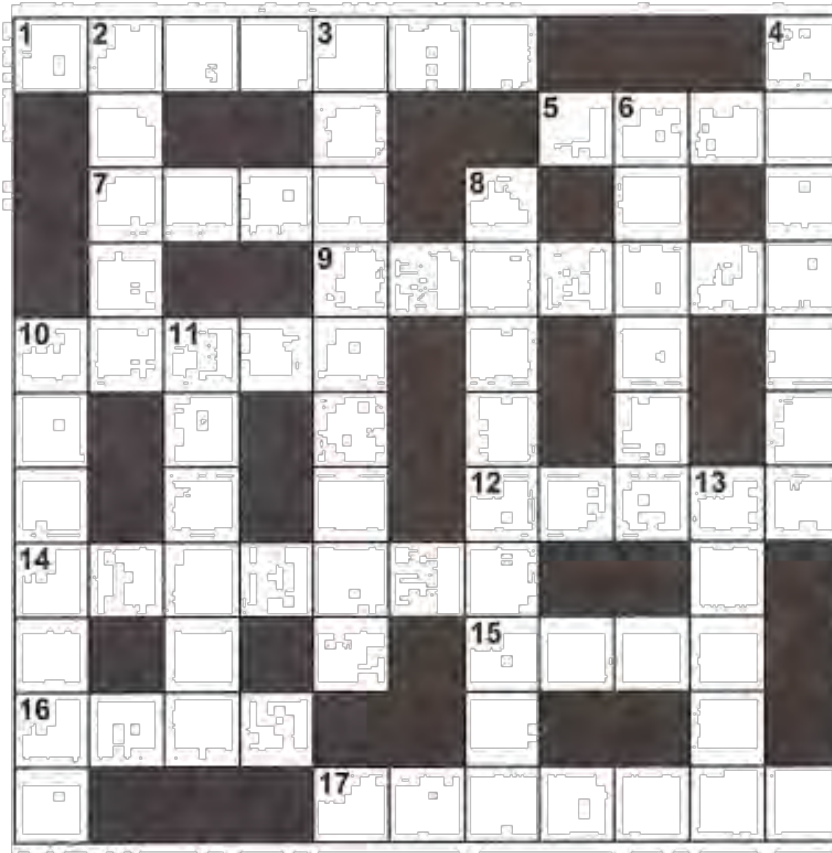
Welcome In Bereavement Café

A space for people who have experienced loss and grief to offer and receive a listening ear, comfort and shared experience. Receive a warm welcome, refreshments, and a compassionate support network where you can share stories, tears and friendship. The Bereavement Café welcomes adults of all ages and is supported by a staff member and volunteer who have experience of supporting people who are bereaved. The café is open fortnightly on Mondays: **9th and 23rd of September and 7th and 21st October.**

Open for all ages
Fortnightly on a Monday
10am-12noon
£3 per person
Refreshments provided



Crossword



Across

- 1 Plans (7)
- 5 Boxing match (4)
- 7 Argues (4)
- 9 Motor-driven revolving spindle (7)
- 10 Stern (5)
- 12 Electronic communication (1-4)
- 14 Residence of the Pope (7)
- 15 Double (4)
- 16 Deserve (4)
- 17 Reserved (7)

Down

- 2 The papal court (5)
- 3 Bad luck (9)
- 4 Object used in the kitchen (7)
- 6 Capital of Canada (6)
- 8 Without fixed limits (4-5)
- 10 Weighing more (7)
- 11 Beam that supports a roof (6)
- 13 Relation by marriage (2-3)

True or False?

1	The national animal of South Korea is the tiger.	
2	Saturn is the largest planet in the solar system.	
3	A penguin is a bird.	
4	Sharks are mammals.	
5	The seahorse is the only fish that can swim backwards.	
6	Originally, tomato ketchup was marketed as medicine.	
7	On Jupiter it rains diamonds.	
8	Crocodiles have sweat glands.	
9	There are snakes native to every continent on earth.	
10	Gorillas all have the blood type B.	
11	A single strand of spaghetti is a spaghetti.	
12	A group of crows is known as a crowd.	
13	Albert Einstein failed maths while at school.	
14	The world's first webcam was created to check whether the office coffee pot was empty.	

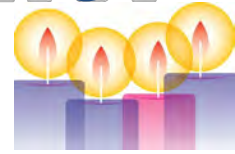
July/August Quiz Answers:

1. Bahrain 2. MI 3. Matchstick 4. 5 5. 14 6. Study of flags 7. Plumber 8. White/Green 9. 6
10. Human Immunodeficiency Virus 11. Grow up 12. The bell 13. Ethanol 14. Bats

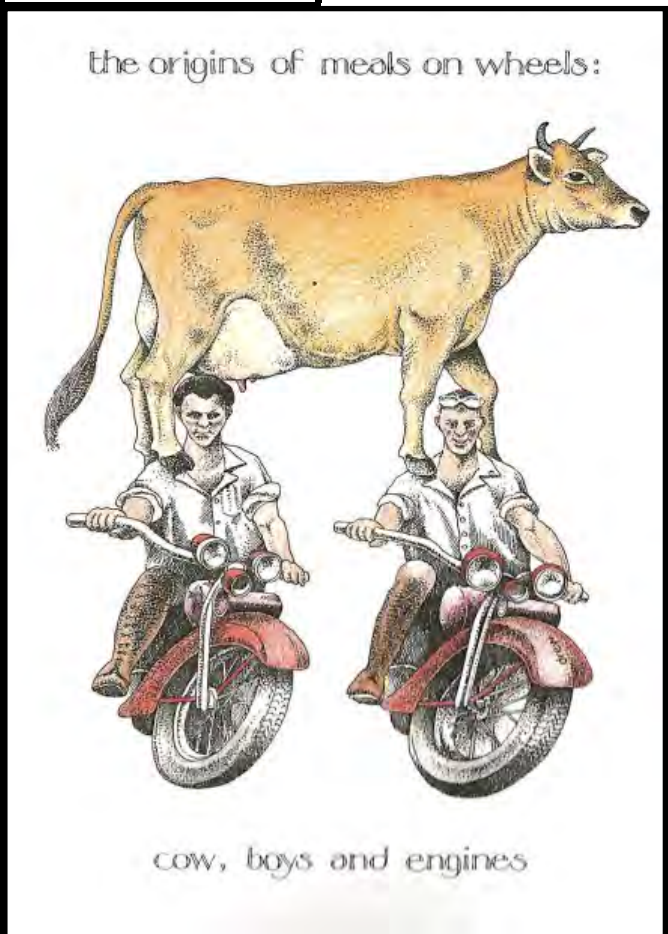
Members' Corner

In Loving Memory

Our thoughts go out to the family and friends of



Sheila Cobham	Margaret Pollard
Ruth Cook	
Eileen Hurley	



A couple of jokes!

What do you call an ant who fights crime? A vigilANTE!

Why are snails slow? Because they're carrying a house on their back.

What's the smartest insect? A spelling bee!

How does the ocean say hi? It waves!

Allotment Surplus

If you have any surplus fruits and vegetables and don't know what to do with them, we are happy to take them to use in our café.

Please give Nikki in the café a call before you bring anything in on 0113 880 0083!



Privacy Statement

We are looking into our privacy statement on how we store and use our members' information.

We will have copies of this form around the building and in activities for members to sign, as well as with this newsletter. Please return these to OPAL. If you need them collecting, please call 0113 261 9103.



Keep Moving!

Studies show that sedentary behaviour and inactivity can lead to deconditioning.

Deconditioning is the syndrome of physical, psychological, and functional decline that occurs as a result of prolonged inactivity and the associated loss of muscle strength. The best way to combat this is to keep moving, whether that's joining one of our exercise classes (more information can be found on pages 4 and 5), or by getting up to make a cuppa more often! Every little helps!

Absence at Activities

At OPAL we have several members on waitlists for our activities.

Therefore, if you are absent from an activity for 8 weeks, your place will be given to someone on the waiting list. If you would like to speak about this with a member of staff, please call 0113 261 9103.

Emergency Contacts

Please can you make sure your next of kin information is correct and up to date?

We don't often need to use your next of kin information, however, if we do need it, it is important to make sure it is correct. To check your next of kin information, to give us new information, or to change existing information, please call 0113 261 9103.

Cancelled Event Emails

Some of you may have received an email in the past from us saying you have been cancelled from an event.

This is nothing to worry about and doesn't impact you coming to future events. This happens when we update the event registers on our online system. If you come to an event, it becomes 'attended', and if you miss an event (if you're ill, on holiday, or have an appointment etc) it becomes 'cancelled' for the single event. If you have any concerns about this, please call us.

Digital Support

Our digital support worker, Steve, has recently had a hip replacement.

He is hoping to be back at work mid-September to help with all your digital needs. In the meantime, OPAL staff will do their best to assist you!

OPAL Trips

In July we enjoyed a trip to The George, a pub, in Birkenshaw. It was a bit of a rainy day, so we were all very glad to be inside!

We had a nice lunch of pie and peas and a muffin for pudding, along with buckets full of tea and coffee. We then had a fun afternoon playing bingo and taking part in a musical quiz. There were even cash prizes! In August we headed to Bury Market where we all shopped until we dropped! To find out about the OPAL trips in September and October, please look at page 3.



Men's Trips

Our Men's Group enjoyed a lovely afternoon on the canal in July.

The weather was dry and a few of our members even got to have a go at steering the barge! Shelley took a picnic for everyone with homemade soup, sandwiches and cake. In August our men's group went for a pub meal. Look at page 3 to see where the trips are in September and October! **If you are interested in joining our Men's Group, please call 0113 261 9103 and speak to Shelley.**



In need of a break?

Are your family members going away on holiday, perhaps your carers need a short break, or you might be recuperating from an operation?

- ★ Beautifully appointed bedrooms
- ★ 5-star care from fully trained staff
- ★ Specialised dementia care available
- ★ 24/7 on-site care and support
- ★ Healthy dining options
- ★ Companionship




Headingley Hall
HEADINGLEY



westwardcare.com

Book your stay today

0113 275 9950
headingley@westwardcare.co.uk

Headingley Hall
Shire Oak Road
Headingley
Leeds LS6 2DD

Twitter
@WestwardCare

Facebook
Westward Care

*Subject to availability. Applicable for stays between 1st August 2024 – 30th September 2024. £500 discount on a minimum 2 week stay booking.

Thank you

Thank you to the Leeds Modernians for their kind donation after the success of their Cookridge Scarecrow Festival that took place over the May Bank Holiday weekend. Our OPAL scarecrow that our craft group created won second prize!



A big thank you to Arthur Thompson for his donation. We really appreciate it! Thank you to Ruby Pidd for leaving us a donation in her will. It was very thoughtful of her and is a big help to us.

Emails

If you (or your family) have an email address and would like to receive our newsletter by email instead of post, please let us know.





A huge thank you to Vilma Frankel for her donation. It means a lot to us! One of our amazing volunteers has just taken part in the Edale Skyline Challenge - a 20 mile walk to the summits of the Dark Peak area of the Peak District including Kinder Scout and Mam Tor. She has done this to raise funds for OPAL! Thank you so much Janet!



Thank you very much to Ruth Cook's family for the kind donation to OPAL after Ruth's funeral. Ruth was an amazing volunteer at OPAL, we will miss her!

We are also looking into sending relevant information to our members via email, such as scams in the area. If this is something you or your family would be interested in, please let us know!

This publication is available in large print, audio CD, cassette or USB. Please call on 261 9103 if you would prefer your newsletter in one of these formats.

-  Facebook: OPALLeeds16
-  WelcomeInCommunityCentre&Café
-  Twitter: @OPALLeeds16
-  Instagram: @welcomeinls16

Welcome In Community Centre, 55 Bedford Drive, Leeds, LS16 6DJ
Telephone: 0113 261 9103
www.opal-project.org.uk
admin@opal-project.org.uk
www.welcomein.org.uk

Part funded by

